ORDERING REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457-089009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

1. the MODEL NUMBER of the product (PFEVBE4805.0)

2. the NAME of the product (PROFORM G880 weight bench)

3. the SERIAL NUMBER of the product (see the front cover of this manual)

4. the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the centre of this manual)

Part No. 232345 R1005A

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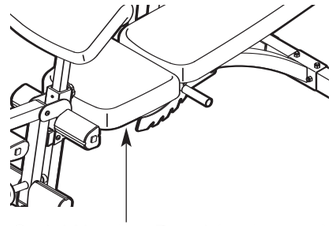
PRO-FORM® G880

Model No. PFEVBE4805.0
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts,

please call:

08457 089 009

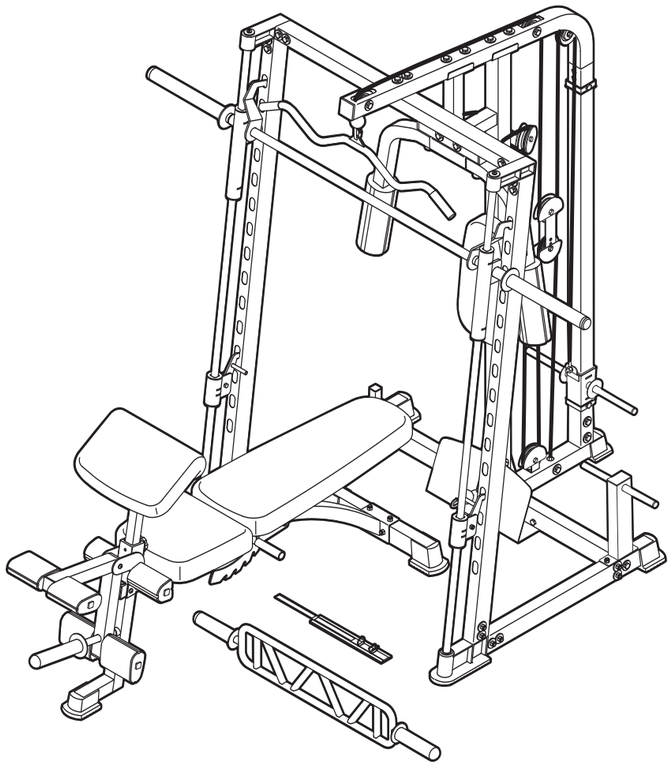
Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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ORDERING REPLACEMENT PARTS . . . . . .Back Cover

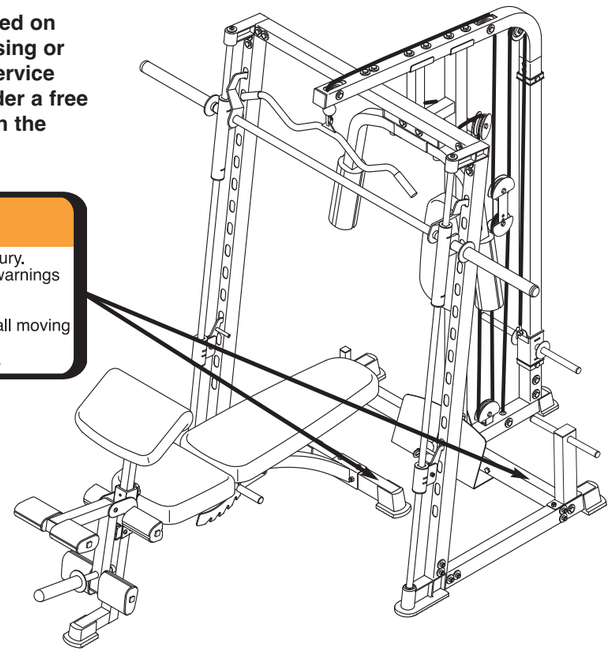
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING is attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight bench. If the decal is missing or illegible, please call our Customer Service Department at 08457 089 009 and order a free replacement decal. Apply the decal in the location shown.

⚠WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.



MONDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

TUESDAY **AEROBIC EXERCISE**
Date:
___/___/___

WEDNESDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

THURSDAY **AEROBIC EXERCISE**
Date:
___/___/___

FRIDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

MONDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
____/____/____

AEROBIC EXERCISE

FRIDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
5. Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
10. Always set both safety spotters at the same height.
11. Make sure that the set screws attaching the Olympic weight adapters are properly tightened each time the adapters are used.
12. The weight bench is designed to support a maximum user weight of 136 kg (300 lbs) and a maximum total weight of 277 kg (610 lbs). Do not place more than 141 kg (310 lbs) on the barbell guides or safety spotters. Do not place more than 68 kg (150 lbs) on the weight carriage, the leg lever, or the curl bar. Note: The weight bench does not include weights.
13. Always place an equal amount of weight on each side of the weight carriage or barbell.
14. Always secure the weights with the weight clips when they are mounted on the weight carriage or barbell.
15. Always lower the weight carriage in a controlled manner; never let the weight carriage drop.
16. Always remove the lat bar when performing an exercise that does not require the use of the lat bar.
17. Always move your bench out of the way when performing an exercise that does not use the bench.
18. Use the curl bar only with the weight clips provided with the bench.
19. Always make sure the backrest bracket is fully engaged before using the backrest.
20. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

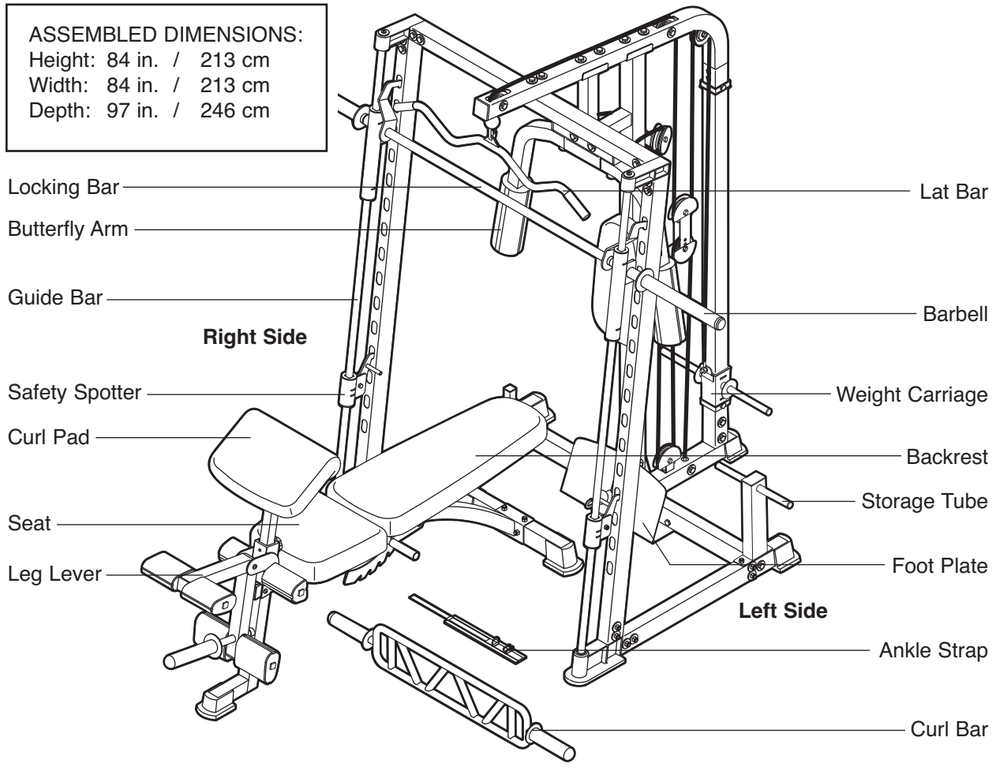
BEFORE YOU BEGIN

Thank you for selecting the versatile PROFORM® G880 weight bench. The weight bench offers an impressive array of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please call our Customer Service Department at **08457 089 009.** To help us assist you, please note the product model number and serial number before calling. The model number is PFEVBE4805.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual for the location of the decal).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

ASSEMBLED DIMENSIONS:
Height: 84 in. / 213 cm
Width: 84 in. / 213 cm
Depth: 97 in. / 246 cm



Note: The "right side" and the "left side" are determined relative to a person sitting on the bench; they do not correspond to right and left on the drawings in the manual.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

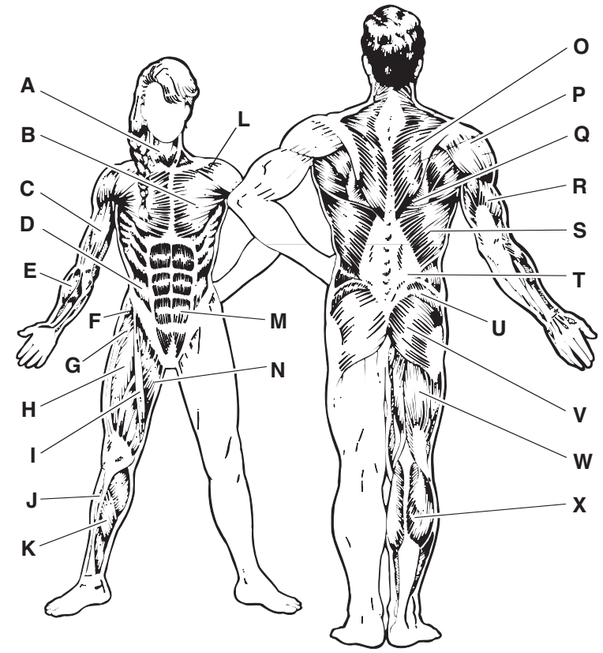
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on pages 26 and 27 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

MUSCLE BUILDING
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

TONING
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

WEIGHT LOSS
To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

CROSS TRAINING
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle or an elliptical exerciser, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

ASSEMBLY

Make Things Easier for Yourself

This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- ***For help identifying small parts, use the PART IDENTIFICATION CHART.***
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The following tools (not included) are required for assembly:

- **two adjustable wrenches**
- **one rubber mallet**
- **one standard screwdriver**
- **one Phillips screwdriver**
- **lubricant, such as grease or petroleum jelly, and soapy water**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning, make sure you understand the information in the box above. Note: Some parts described in the assembly steps may be pre-assembled.**

   Attach a Base Cap (47) to the Stabilizer (2) with an M4 x 16mm Screw (107) and an M10 x 25mm Screw (121). **Attach another Base Cap to the Stabilizer in the same manner.**

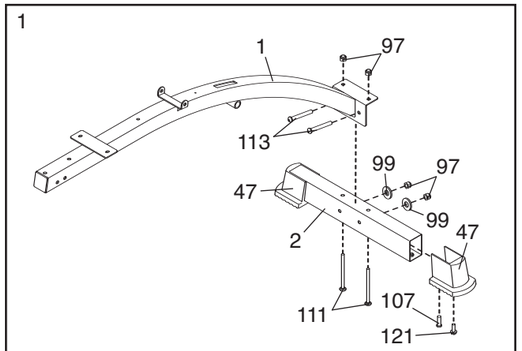
   Attach the Stabilizer (2) to the Bench Frame (1) with two M10 x 92mm Carriage Bolts (111) and two M10 Nylon Locknuts (97); and with two M10 x 68mm Bolts (113), two M10 Washers (99), and two M10 Nylon Locknuts. **Do not tighten the Locknuts yet.**

2. Attach the Small Base Cap (13) to the Bench Leg (3) with an M4 x 16mm Screw (107).

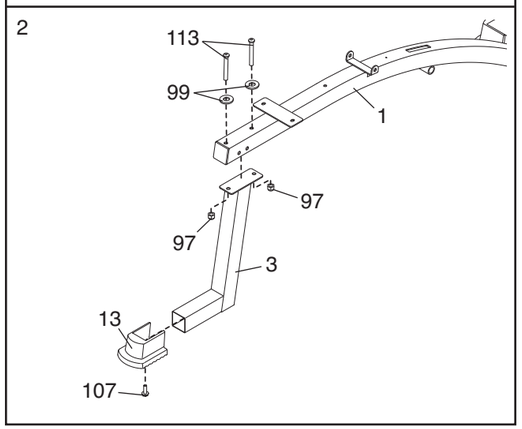
   Attach the Bench Leg (3) to the Bench Frame (1) with two M10 x 68mm Bolts (113), two M10 Washers (99), and two M10 Nylon Locknuts (97).

   Tighten the four M10 Nylon Locknuts (97) used in step 1.

1



2



3. Attach the Leg Lever Bracket (5) to the Bench Frame (1) with two M10 x 68mm Bolts (113) and two M10 Nylon Locknuts (97).

   Attach the Weight Tube (25) to the Leg Lever (4) with an M8 x 58mm Bolt (106), two M8 Washers (100), a 10mm Spacer (30), and an M8 Nylon Locknut (96).

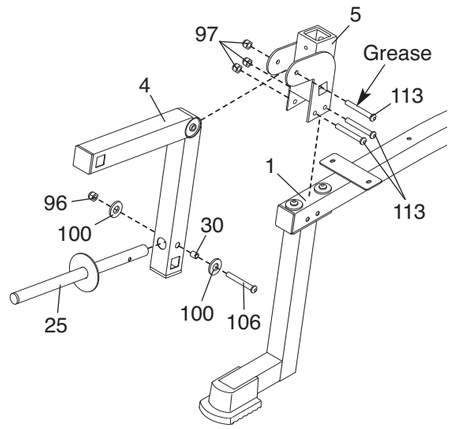
   Apply grease to an M10 x 68mm Bolt (113). Attach the Leg Lever (4) to the Leg Lever Bracket (5) with the Bolt and an M10 Nylon Locknut (97). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

4. Apply grease to an M10 x 78mm Bolt (110). Align the lower hole in the Adjustment Lever (11) with the indicated tube on the Bench Frame (1). Attach the Adjustement Lever with the Bolt and an M10 Nylon Locknut (97). **Do not overtighten the Locknut; the Adjustment Lever must be able to pivot easily.**

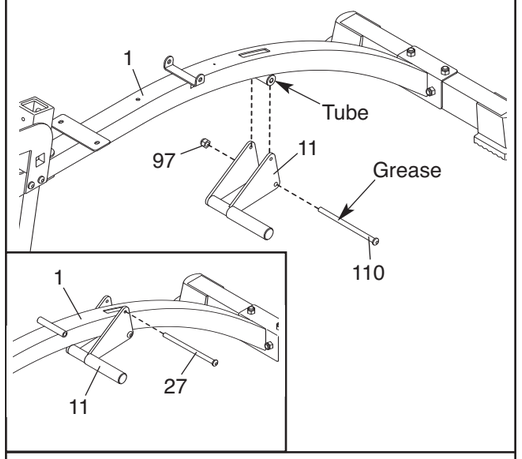
   See the inset drawing. Hold the handle on the Adjustment Lever (11) so that the upper hole is above the Bench Frame (1). Tighten the M10 x 62mm Flat Head Screw (27) through the Adjustment Lever, above the Bench Frame. **Make sure that the threads of the Screw show through the Adjustment Lever. Do not overtighten the Screw.**

5. Attach the Backrest Bracket (7) to the Backrest Tubes (8) with four M10 x 45mm Bolts (112), four M10 Washers (99), and four M10 Nylon Locknuts (97). **Make sure the Backrest Tubes are oriented so that the indicated holes are closer to the bottom. Do not tighten the Locknuts yet.**

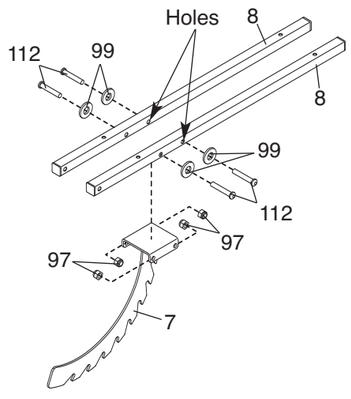
3



4



5



TROUBLESHOOTING

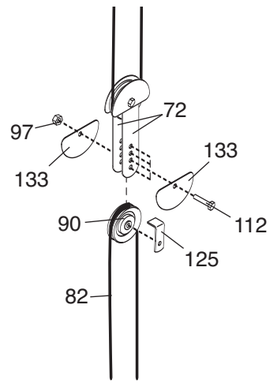
Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight bench, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Slack can be removed from the cables in several ways:

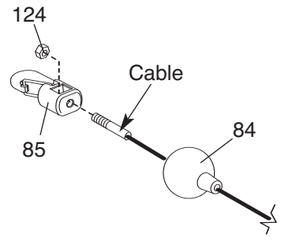
See drawing 1. To tighten the cables, remove the M10 Nylon Locknut (97) and the M10 x 45mm Bolt (112) from the lower 90mm Pulley (90), Small Cable Trap (125), two Half Finger Guards (133), and the Pulley Plates (72). Reattach the Pulley, the Cable Trap, and two Half Finger Guards at a set of holes closer to the center of the Pulley Plates with the Bolt and Locknut. **Make sure the Cable Trap is oriented to hold the Low Cable (82) in the groove of the Pulley.**

1



See drawing 2. Additional slack can be removed from the cables by tightening a cable into the M6 Nylon Locknut (124) inside a Cable End Clip (85). To do this, first pull the Clip Cover (84) back. Then, hold the crimp on the Cable with a pair of pliers and insert a screwdriver between the Locknut and the Clip. Rotate the screwdriver, the Clip, and the Locknut together until the slack is removed. Replace the Cover over the clip.

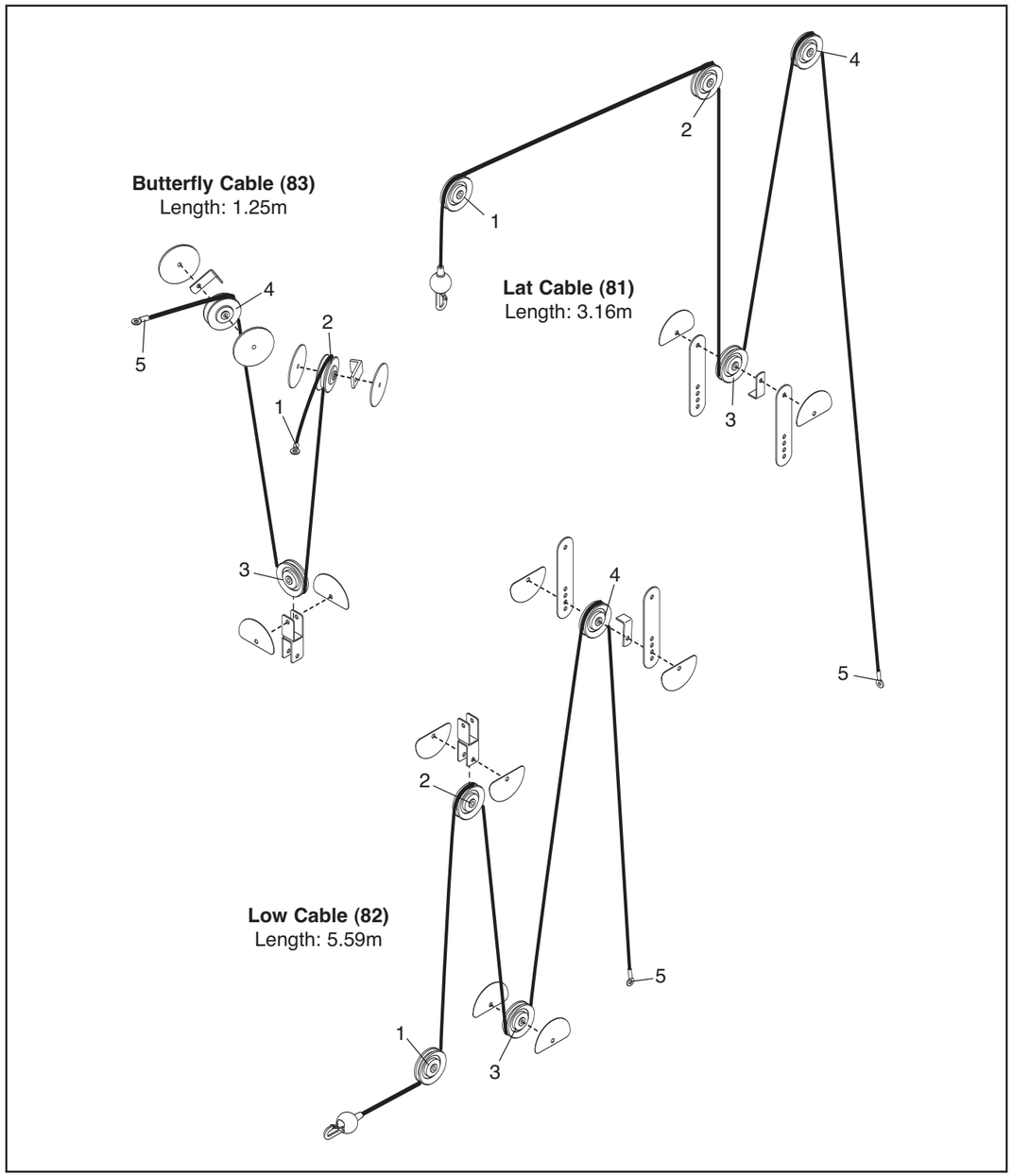
2



Do not overtighten the cables. If a cable slips off the pulleys repeatedly, it may have become twisted. Remove the cable and re-install it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

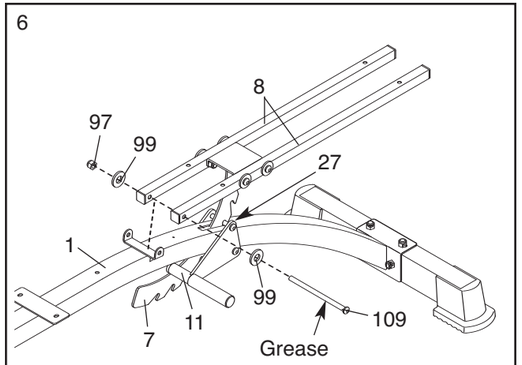
CABLE DIAGRAMS

The cable diagrams below show the proper routing of the Lat Cable (81), the Low Cable (82), and the Butterfly Cable (83). Use the diagram to make sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight bench will not function properly and damage may occur. The numbers show the correct order that each cable is routed. **Make sure that the cable traps do not touch or bind the cables.**



6. Insert the Backrest Bracket (7) through the slot in the Bench Frame (1) and under the Adjustment Lever (11). **Make sure that the M10 x 62mm Flat Head Screw (27) is under the Backrest Bracket.**

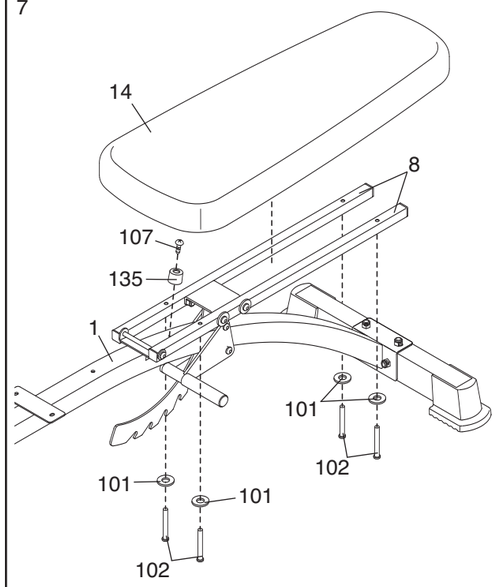
   Apply grease to an M10 x 168mm Bolt (109). Attach the Backrest Tubes (8) to the Bench Frame (1) with the Bolt, two M10 Washers (99), and an M10 Nylon Locknut (97). **Do not over-tighten the Locknut; the Backrest Tubes must be able to pivot easily.**

6


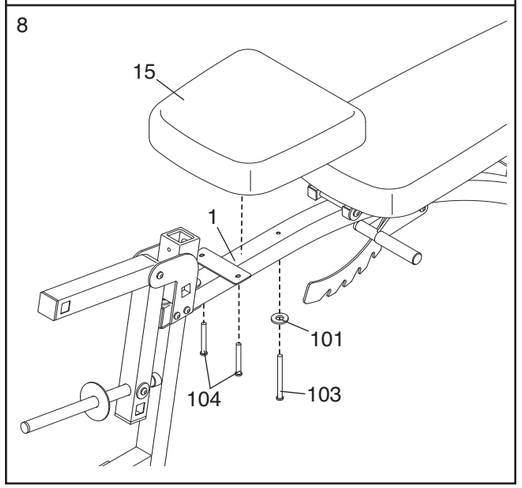
7. Attach the Bench Frame Bumper (135) to the Bench Frame (1) with an M4 x 16mm Screw (107).

   Attach the Backrest (14) to the Backrest Tubes (8) with four M6 x 38mm Screws (102) and four M6 Washers (101).

   Tighten the four M10 Nylon Locknuts (97) used in step 5.

7


8. Attach the Seat (15) to the Bench Frame (1) with an M6 x 63mm Screw (103), an M6 Washer (101), and two M6 x 16mm Screws (104).

8


9. Slide the Long Pad Tube (10) into the hole in the Leg Lever Bracket (5). Wet both sides of the Pad Tube with soapy water. Slide two Small Foam Pads (18) onto the Tube as shown. Press two 19mm Square Inner Caps (19) into the Pad Tube.

   Slide a Pad Tube (9) into a hole in the Leg Lever (4). Wet both sides of the Pad Tube with soapy water. Slide two Large Foam Pads (17) onto the Pad Tube as shown. Press two 19mm Square Inner Caps (19) into the Pad Tube. **Repeat with the other Pad Tube.**

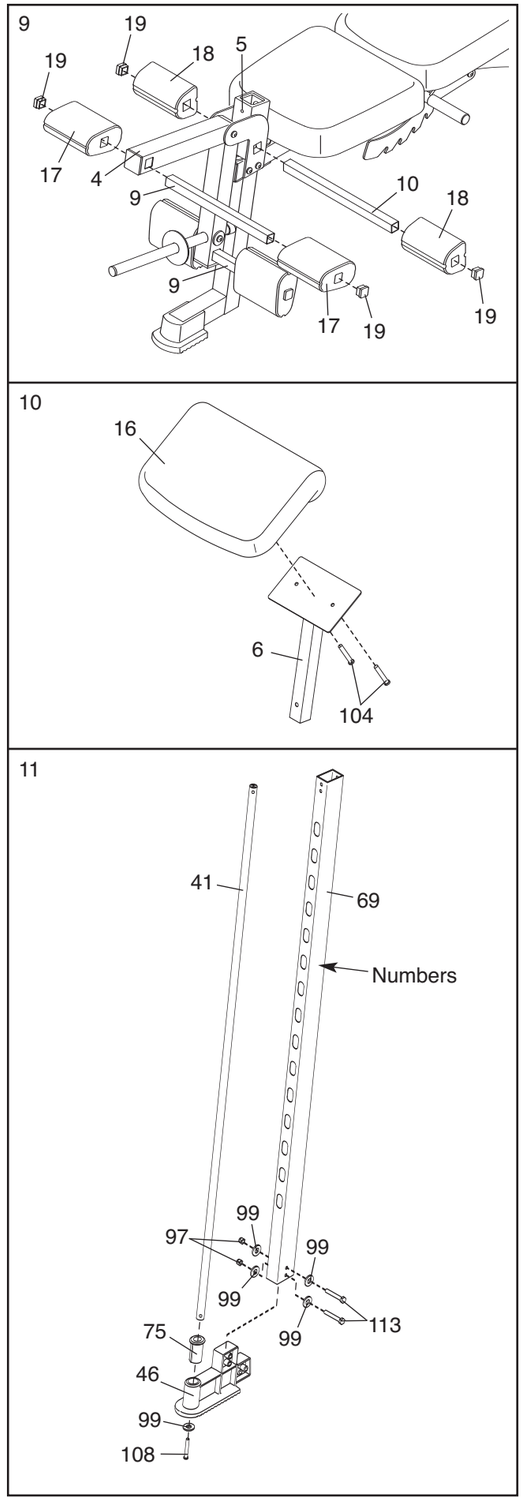
10. Attach the Curl Pad (16) to the Curl Post (6) with two M6 x 16mm Screws (104).

11. Press a Round Angled Bushing (75) into a Rack Foot (46).

    Attach a Guide Bar (41) to the Rack Foot (46) with an M10 x 50mm Screw (108) and an M10 Washer (99).

    Attach the Right Upright (69), which has numbers on the indicated side, to the Rack Foot (46) with two M10 x 68mm Bolts (113), four M10 Washers (99), and two M10 Nylon Locknuts (97). **Make sure the Bolts are inserted from the side shown. Do not tighten the Locknuts yet.**

    Repeat this step with the Left Upright (36 [not shown]), Guide Bar (41), Rack Foot (46), and Round Angled Bushing (75). **Insert the M10 x 68mm Bolts (113) from the other side.**



ADDING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE

To use the barbell or Weight Carriage (71), slide the desired amount of weight (not included) onto the Barbell Adapters (59) or Weight Carriage. Secure the weights with the Weight Clips (58, 77).

⚠ WARNING: Do not place more than 140 kg (310 lbs.) on the barbell, or 68 kg (150 lbs.) on the Weight Carriage (71). Always place the same amount of weight on each side of the barbell or Weight Carriage. Always secure weights with the Weight Clips (58, 77).

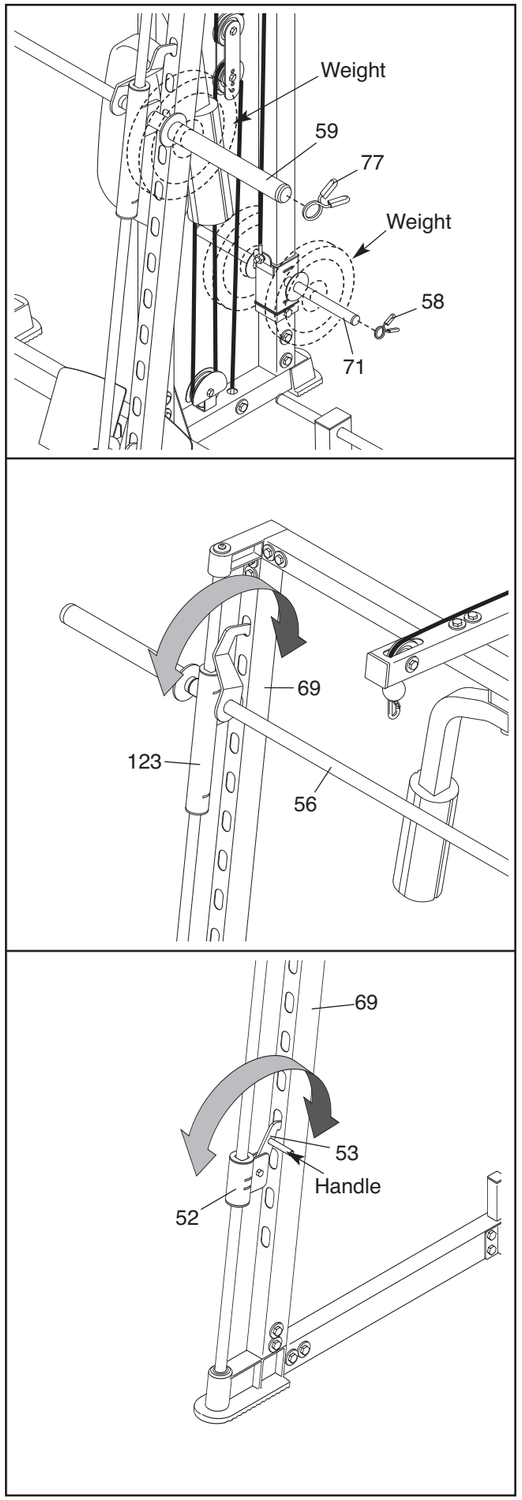
USING THE LOCKING BAR

Stand in front of the rack and grip the Locking Bar (56) with both hands. Turn the Locking Bar until the two hooks disengage the slots in the Left and Right Uprights (36 [not shown], 69). Raise or lower the Locking Bar to a new position and turn it until the hooks engage the slots in the Uprights.

MOVING THE SAFETY SPOTTERS

To move the Safety Spotters (52) to a new position, grip the handles on the Spotter Hooks (53, 54 [not shown]) and pull the hooks out of the slots in the Uprights (36 [not shown], 69). Raise or lower the Safety Spotters to new positions and pivot the hooks back into the slots in the Uprights. **(Always start an exercise with the Safety Spotters positioned at the lowest point to which you want the barbell to move during the exercise.)**

⚠ WARNING: Always set both Safety Spotters (52) at the same height.



USING THE OLYMPIC WEIGHT ADAPTERS

Press a 48mm Round Inner Cap (23) into the Olympic Adapter (24). Attach the Olympic Adapter to the Weight Tube (25) with a 1/4" x 9.5mm Allen Head Set Screw (120). **Make sure that the Set Screw is in the bottom of the Adapter.**

Olympic Adapter (24) can be attached to the Weight Carriage (not shown) in the same manner.

Press a 48mm Round Inner Cap (23) into a Weight Adapter (60). Attach the Weight Adapter to the Curl Bar (76) with a 1/4" x 9.5mm Allen Head Set Screw (120). **Attach the other Weight Adapter to the Curl Bar in the same manner.**

To use some weights, Weight Tube Adapters (139) will need to be slid onto the Weight Tube (25) or the Carriage Adapters (not shown) will need to be slid onto the Weight Carriage (not shown).

ADDING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (4), slide the desired weights (not included) onto the Weight Tube (25). Secure the weights with a Weight Clip (58 or 77 [not shown]).

Weights can be added to the Curl Bar (not shown) in the same manner. Secure the weights to the Curl Bar with two Weight Clips (53 or 77 [not shown]).

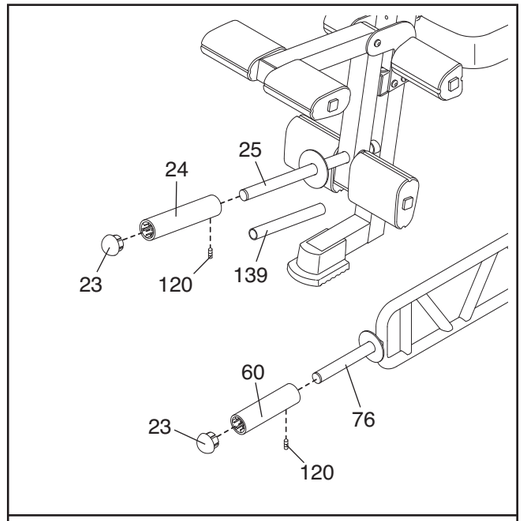
⚠WARNING: Do not place more than 68 kg (150 lbs.) on the Weight Tube (25) or the Curl Bar. (76).

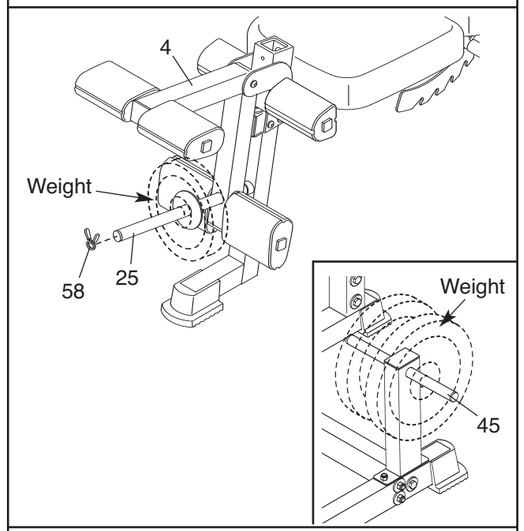
See the inset drawing. Weights can be stored on the Storage Leg (45).

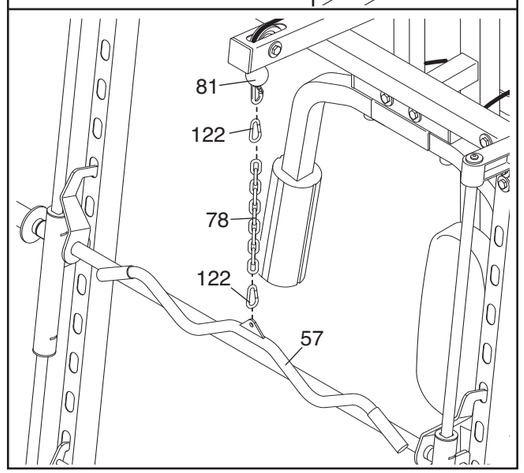
ATTACHING THE ACCESSORIES

To use the Lat Bar (57), attach it to the Lat Cable (81) with a Cable Clip (122). For some exercises, the Chain (78) should be attached between the Lat Bar and the Lat Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

The Ankle Strap (not shown) can be attached to the Low Cable (not shown) in the same manner.







12. **See the inset drawing.** Attach the Large Base Cap (117) to the Rear Base (33) with an M4 x 16mm Screw (107) and an M8 x 16mm Screw (98).

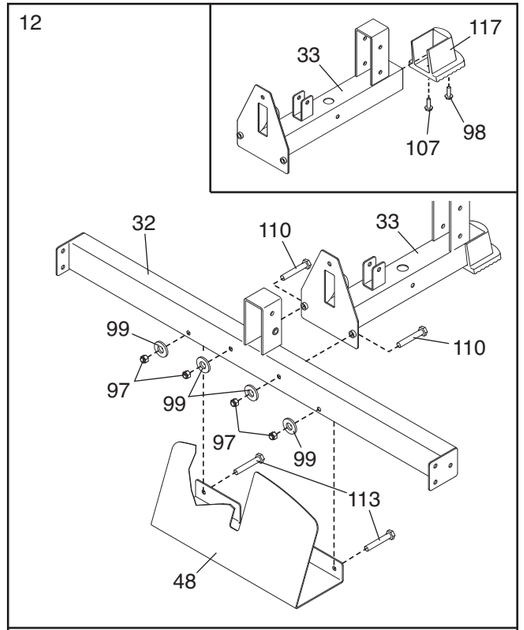
    Attach the Rear Base (33) to the Center Base (32) with two M10 x 78mm Bolts (110), two M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**

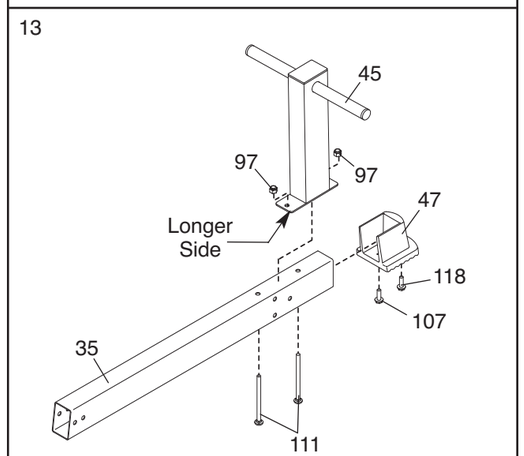
    Set the Center Base (32) inside of the Foot Plate (48). Attach the Foot Plate to the Center Base with two M10 x 68mm Bolts (113), two M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**

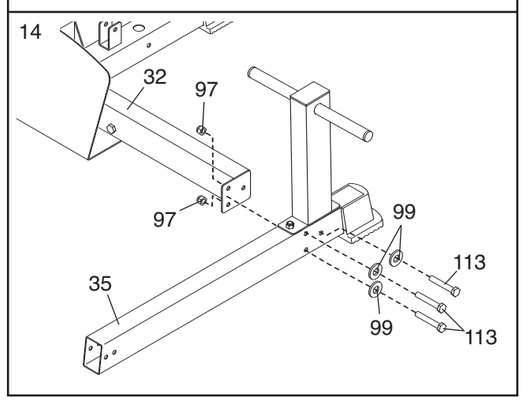
13. Attach the Base Cap (47) to the Left Base (35) with an M4 x 16mm Screw (107) and an M10 x 19mm Screw (118).

    Hold the Storage Leg (45) so that the longer side of the plate is oriented as shown. Attach the Storage Leg to the Left Base (35) with two M10 x 92mm Carriage Bolts (111) and two M10 Nylon Locknuts (97).

14. Attach the Left Base (35) to the Center Base (32) with three M10 x 68mm Bolts (113), three M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**







15. Attach a Base Cap (47) to the Right Base (34) with an M4 x 16mm Screw (107) and an M10 x 19mm Screw (118).

    Attach the Right Base (34) to the Center Base (32) with three M10 x 68mm Bolts (113), three M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**

16. Using a rubber mallet, tap the left Rack Foot (46) into the Left Base (35). Attach the Rack Foot to the Left Base with two M10 x 68mm Bolts (113), four M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**

    Attach the other Rack Foot (not shown) to the Right Base (not shown) in the same manner.

17. Attach the Right Spotter Hook (53) to a Safety Spotter (52) with an M8 x 12mm Shoulder Bolt (131) and an M8 Nylon Locknut (96). **Make sure the bolt head is on the same side as the handle.**

    Slide the Safety Spotter (52) onto the right Guide Bar (41) and engage the Right Spotter Hook (53) into an adjustment hole near the bottom of the Right Upright (69).

    Assemble the Left Spotter Hook (54) and a Safety Spotter (52) in the same manner. Always set both Safety Spotters (52) at the same height.

18. Identify the Left and Right Barbell Gliders (51, 123) by the position of the screw holes.

    Slide each Barbell Glider (51, 123) onto the Guide Bar (41) next to the indicated Upright (36, 69). **Make sure the Barbell Gliders are oriented as shown.**

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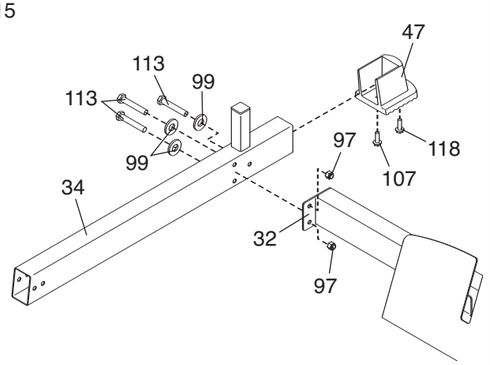

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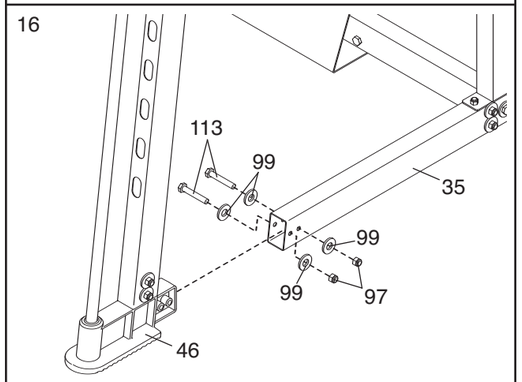

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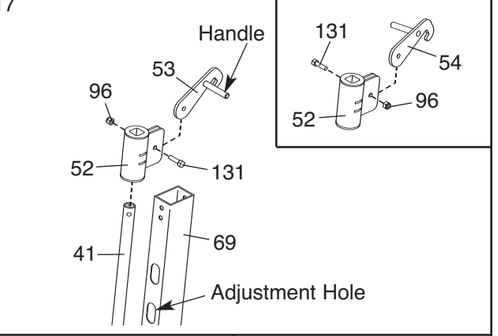

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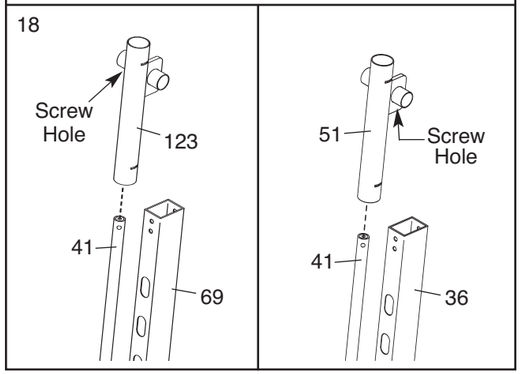


ADJUSTMENTS

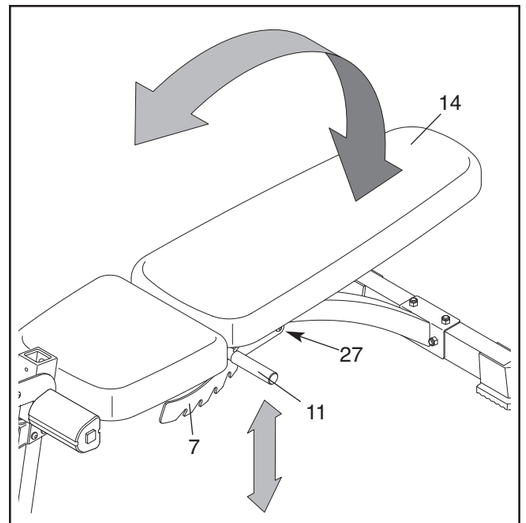
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 24 for important information about how to get the most benefit from your exercise program. See the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

To adjust the position of the Backrest (14), hold the upper end of the Backrest with one hand and lift the Adjustment Lever (11) with the other hand, disengaging the Backrest Bracket (7). Raise or lower the Backrest to the desired position. Lower the Adjustment Lever so that the M10 x 62mm Flat Head Screw (27 [not shown]) engages one of the notches in the Backrest Bracket.

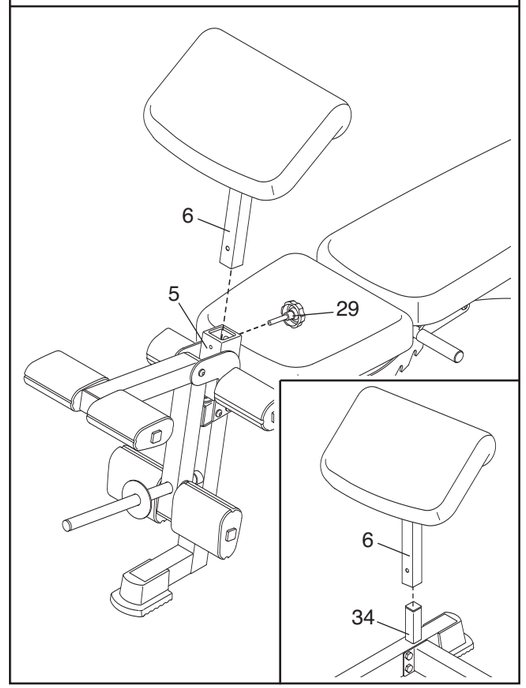
⚠WARNING: Always hold the Backrest (14) securely before disengaging the Backrest Bracket (7). Always make sure the Backrest Bracket is fully engaged before using the Backrest.



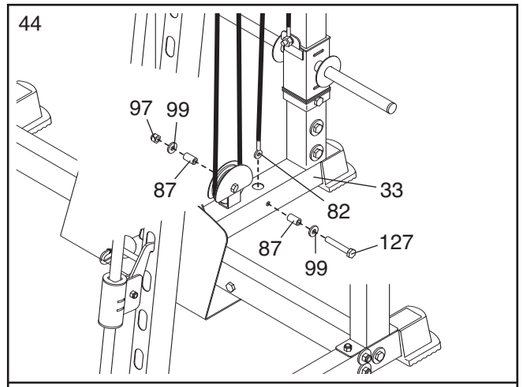
ATTACHING THE CURL POST

For some exercises, the Curl Post (6) must be attached to the weight bench. Slide the Curl Post into the Leg Lever Bracket (5). Align the adjustment holes in the Curl Post with the adjustment hole in the Leg Lever Bracket. Tighten the Curl Knob (29) into the adjustment hole in the Leg Lever Bracket. **Fully tighten the Knob.**

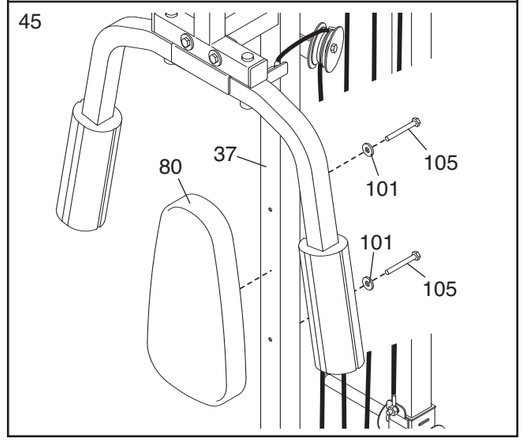
See the inset drawing. When not in use, the Curl Post (6) can be stored on the tube on the Right Base (34).



44. Attach the Low Cable (82) inside the Rear Base (33) with an M10 x 75mm Bolt (127), two M10 Washers (99), two 27mm Spacers (87), and an M10 Nylon Locknut (97). **Do not overtighten the Locknut; the Cable must be able to pivot easily.**



45. Attach the Butterfly Backrest (80) to the Center Upright (37) with two M6 x 72mm Screws (105) and two M6 Washers (101).



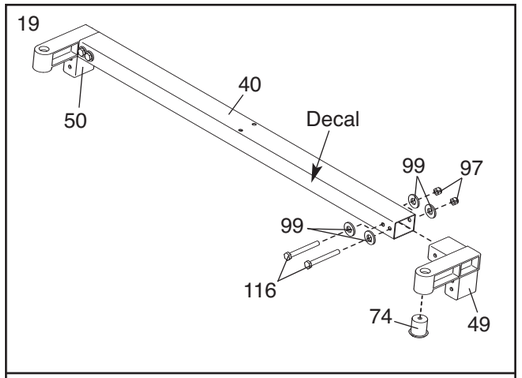
46. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

    Before using the weight bench, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 22 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See TROUBLESHOOTING on page 23.**

19. Press a Round Joint Bushing (74) into the Left Frame Joint (49).

    Orient the Top Frame (40) with the name decal in the indicated position. Attach the Top Frame to the Left Frame Joint (49) with two M10 x 91mm Bolts (116), four M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**

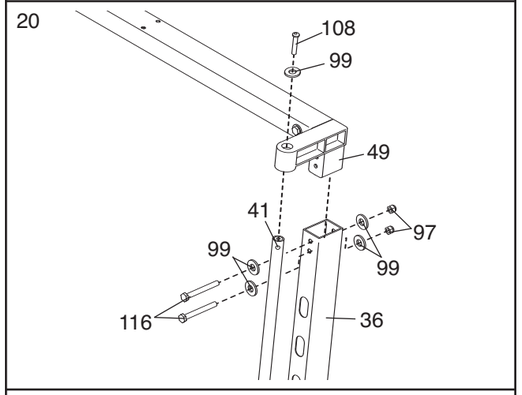
    Assemble the Right Frame Joint (50) to the Top Frame (40) in the same manner.



20. Attach the Left Frame Joint (49) to the Left Upright (36) with two M10 x 91mm Bolts (116), four M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**

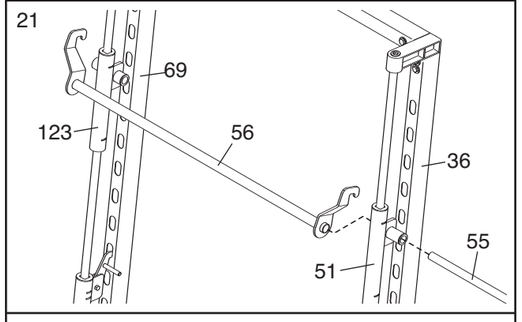
    Attach the Left Frame Joint (49) to the Guide Bar (41) with an M10 x 50mm Screw (108) and an M10 Washer (99).

    Assemble the Right Frame Joint (50) in the same manner.



21. Slide the Weight Bar (55) through the Left Barbell Glider (51), the Locking Bar (56), and the Right Barbell Glider (123). **Make sure the Locking Bar is oriented as shown.**

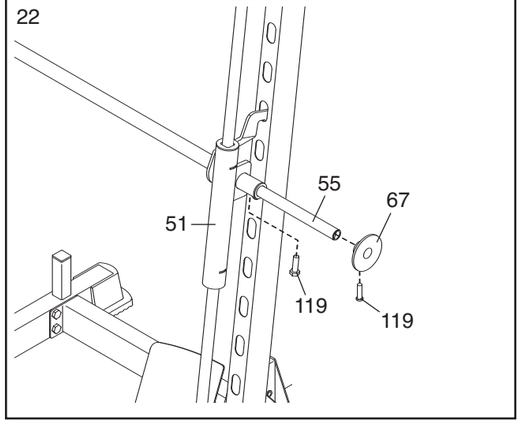
    Engage the hooks on the Locking Bar (56) into a set of holes in the Uprights (36, 69).



22. Slide a Weight Stop (67) onto the Weight Bar (55). Thread a 1/4" x 14mm Screw (119) into the Weight Stop and the hole in the Weight Bar. **Do not tighten the Screws.**

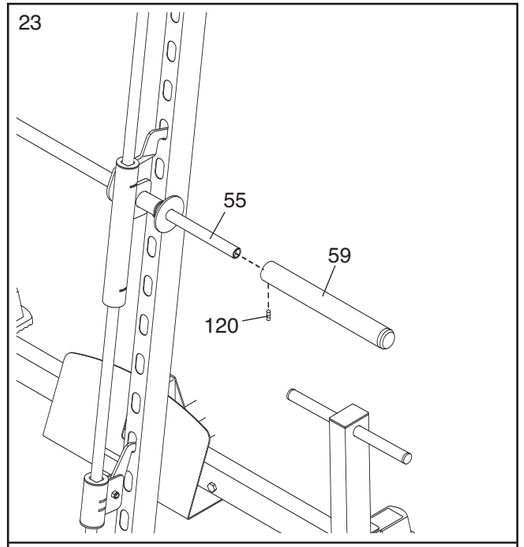
    Thread a 1/4" x 14mm Screw (119) into the Left Barbell Glider (51). **Do not tighten the Screws.**

    Repeat this step with the Right Barbell Glider (not shown) and the other Weight Stop (not shown).



23. Slide the Barbell Adapter (59) onto the Weight Bar (55). Thread a 1/4" x 9.5mm Allen Head Set Screw (120) into the Barbell Adapter. **Do not tighten the Screw yet.**

    Repeat this step with the other Barbell Adapter (not shown).

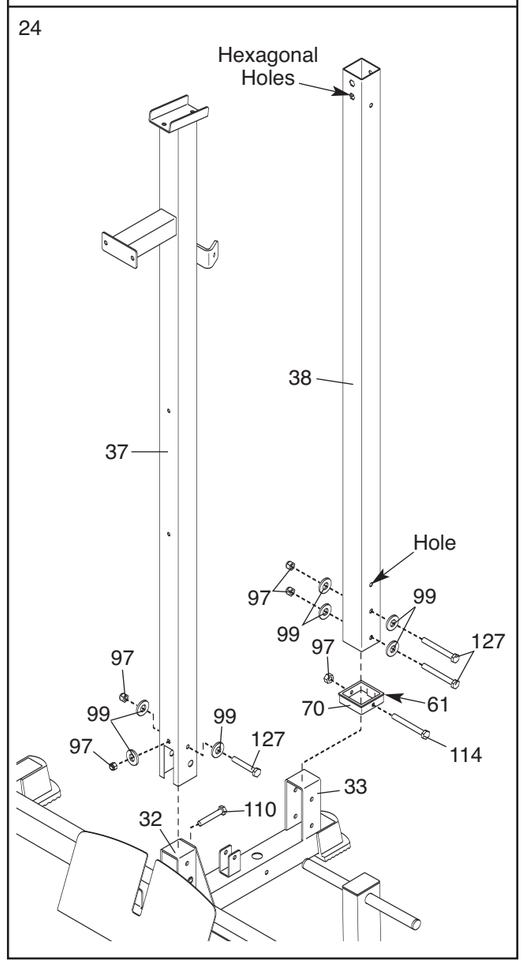


24. Attach the Center Upright (37) to the Center Base (32) and Rear Base (33) with an M10 x 78mm Bolt (110), an M10 Washer (99), and an M10 Nylon Locknut (97). **Do not tighten the Locknut yet.**

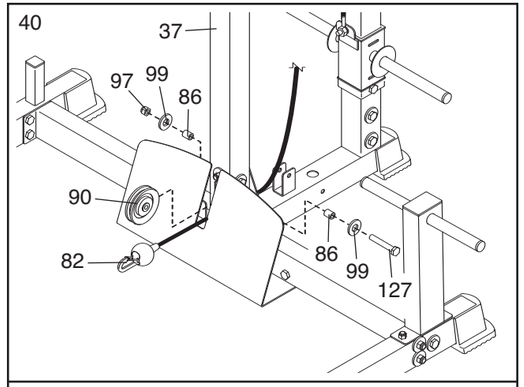
    Attach the Center Upright (37) to the Center Base (32) with an M10 x 75mm Bolt (127), two M10 Washers (99), and an M10 Nylon Locknut (97). **Do not tighten the Locknut yet.**

    Attach a Weight Carriage Stop (70) to the Rear Upright (38), at the indicated hole, with an M10 x 88mm Bolt (114) and an M10 Nylon Locknut (97). **Make sure the Square Carriage Bushing (61) is on top.**

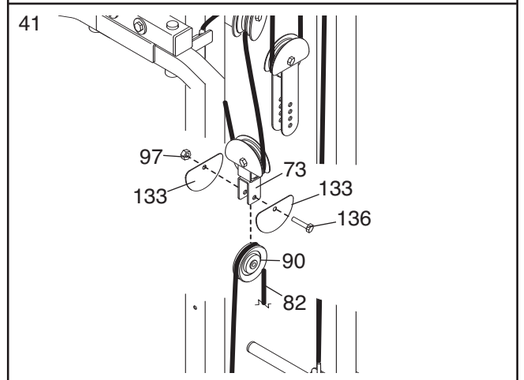
    Attach the Rear Upright (38), with the hexagonal holes on the indicated side, to the Rear Base (33) with two M10 x 75mm Bolts (127), four M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**



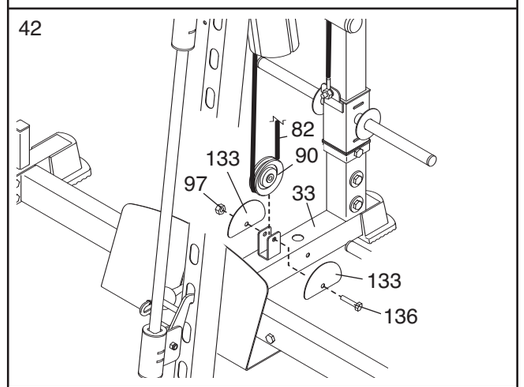
40. **Locate the Low Cable (82).** Route the eyelet end of the Cable through the Center Upright (37) and under a 90mm Pulley (90). Attach the Pulley inside the Upright with an M10 x 75mm Bolt (127), two M10 Washers (99), two 17mm Spacers (86), and an M10 Nylon Locknut (97).



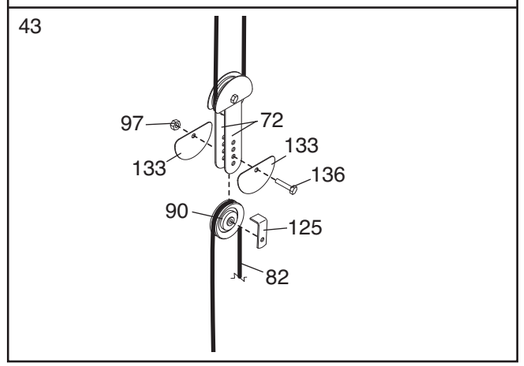
41. Route the Low Cable (82) over a 90mm Pulley (90) as shown. Attach the Pulley and two Half Finger Guards (133) to the Double "U"-bracket (73) with an M10 x 47mm Bolt (136) and an M10 Nylon Locknut (97).



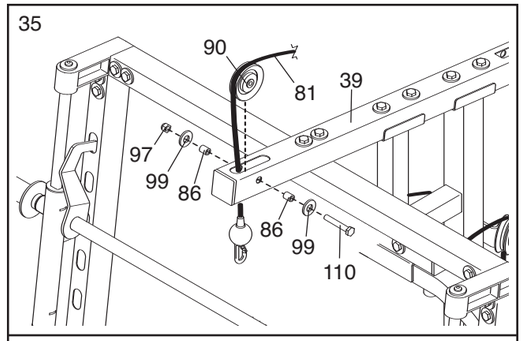
42. Route the Low Cable (82) under a 90mm Pulley (90) as shown. Attach the Pulley and two Half Finger Guards (133) to the Rear Base (33) with an M10 x 47mm Bolt (136) and an M10 Nylon Locknut (97).



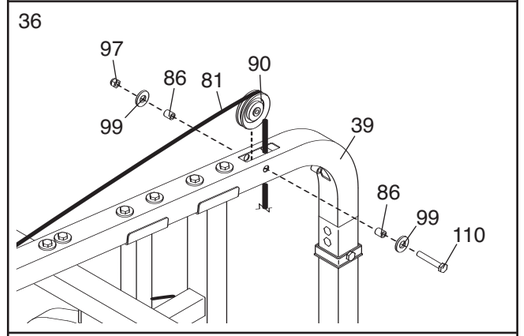
43. Route the Low Cable (82) over a 90mm Pulley (90) as shown. Attach the Pulley, a Small Cable Trap (125), and two Half Finger Guards (133) to the second set of holes from the bottom of the two Pulley Plates (72) with an M10 x 47mm Bolt (136) and an M10 Nylon Locknut (97). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



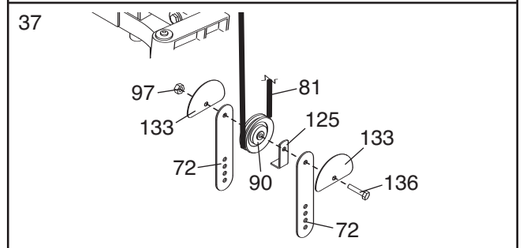
35. **Locate the Lat Cable (81).** Route the Cable up through the Rear Top Frame (39) and over a 90mm Pulley (90). Attach the Pulley inside the Rear Top Frame with an M10 x 78mm Bolt (110), two M10 Washers (99), two 17mm Spacers (86), and an M10 Nylon Locknut (97).



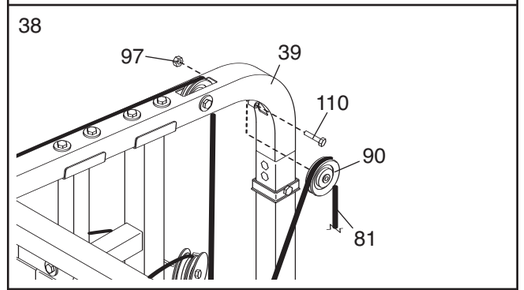
36. Route the Lat Cable (81) over a 90mm Pulley (90) and down through the Rear Top Frame (39). Attach the Pulley inside the Rear Top Frame with an M10 x 78mm Bolt (110), two M10 Washers (99), two 17mm Spacers (86), and an M10 Nylon Locknut (97).



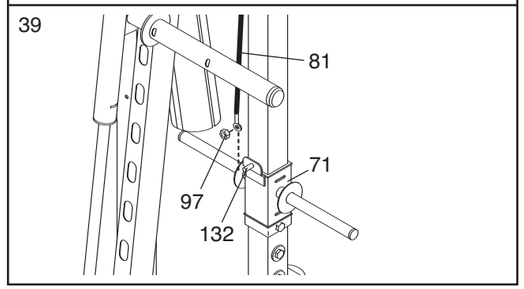
37. Wrap the Lat Cable (81) under a 90mm Pulley (90). Attach the Pulley, a Small Cable Trap (125), and two Half Finger Guards (133) to the indicated hole in the two Pulley Plates (72) with an M10 x 47mm Bolt (136) and an M10 Nylon Locknut (97). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



38. Wrap the Lat Cable (81) over a 90mm Pulley (90). Attach the Pulley inside the Rear Top Frame (39) with an M10 x 78mm Bolt (110) and an M10 Nylon Locknut (97).



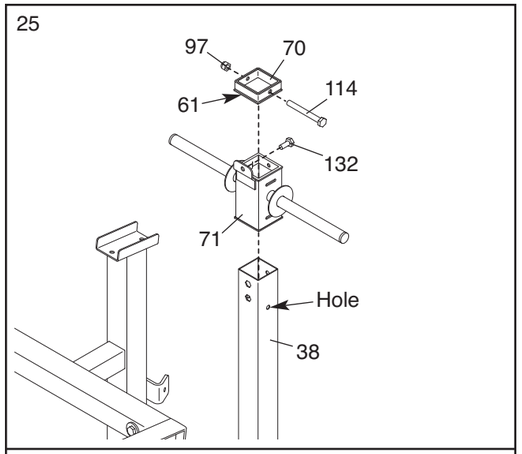
39. Attach the Lat Cable (81) to the M10 x 19mm Hex Head Bolt (132) in the Weight Carriage (71) with an M10 Nylon Locknut (97). **Do not overtighten the Locknut; the Cable must be able to pivot.**



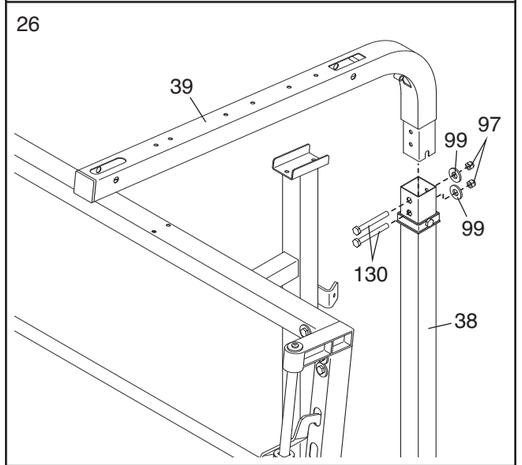
25. Insert an M10 x 19mm Hex Head Bolt (132) into the bracket on the Weight Carriage (71) from the side shown.

    Orient the Weight Carriage (71) as shown and slide it onto the Rear Upright (38).

    Attach the Weight Carriage Stop (70) to the Rear Upright (38), at the indicated hole, with an M10 x 88mm Bolt (114) and an M10 Nylon Locknut (97). **Make sure the Square Carriage Bushing (61) is on the bottom.**

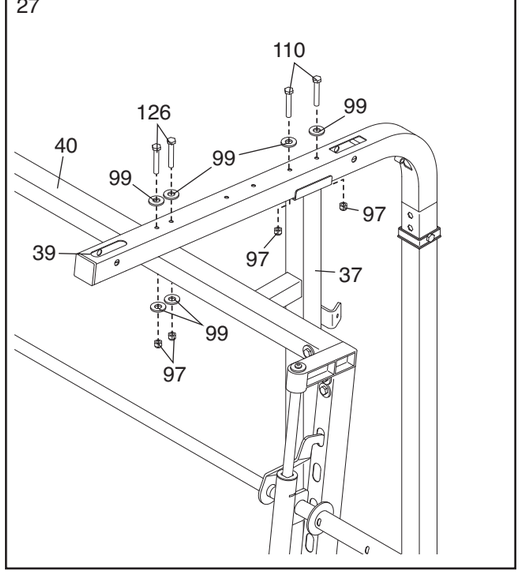


26. Attach the Rear Top Frame (39) to the Rear Upright (38) with two M10 x 72mm Hex Head Bolts (130), two M10 Washers (99), and two M10 Nylon Locknuts (97). **Make sure the bolt heads are set inside the hex holes in the Rear Upright. Do not tighten the Locknuts yet.**



27. Attach the Rear Top Frame (39) to the Center Upright (37) with two M10 x 78mm Bolts (110), two M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**

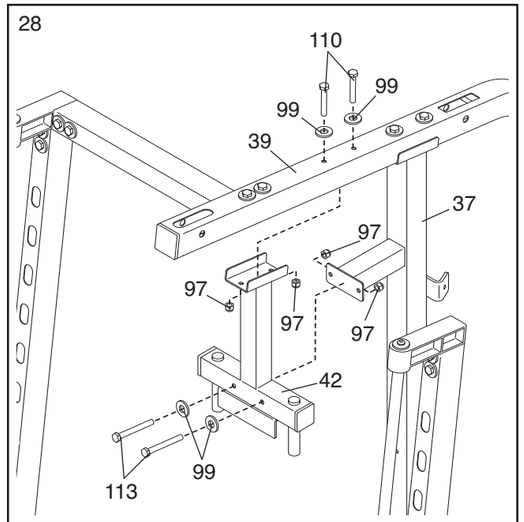
    Attach the Rear Top Frame (39) to the Top Frame (40) with two M10 x 127mm Bolts (126), four M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**



28. Attach the Butterfly Frame (42) to the Rear Top Frame (39) with two M10 x 78mm Bolts (110), two M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**

    Attach the Butterfly Frame (42) to the Center Upright (37) with two M10 x 68mm Bolts (113), two M10 Washers (99), and two M10 Nylon Locknuts (97). **Do not tighten the Locknuts yet.**

    Tighten all of the M10 Nylon Locknuts (97) used in steps 11–28. Tighten the 1/4" x 14mm Screws (119) used in step 22 and the 1/4" x 9.5mm Allen Head Set Screws (120) used in step 23.



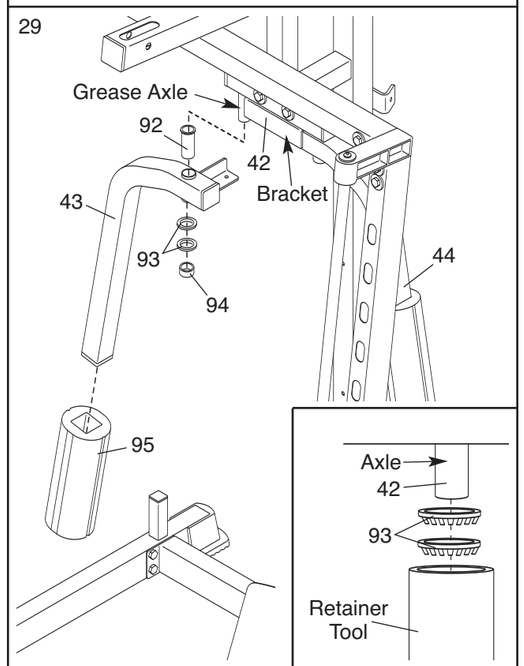
29. Apply grease to both axles on the Butterfly Frame (42).

    Insert a Fly Arm Bushing (92) into the Right Fly Arm (43). Wet the end of the Arm with soapy water and slide a Fly Foam Pad (95) onto it.

    Have another person slide the Right Fly Arm (43) onto the right axle on the Butterfly Frame (42). **Note: Be careful not to confuse the Left Fly Arm (44) with the Right Fly Arm. Make sure that the upper end of the Arm is behind the indicated bracket on the Butterfly Frame.**

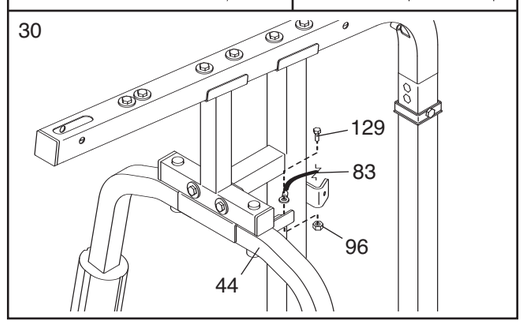
    Tap two 25mm Retainer Rings (93) onto the axle of the Butterfly Frame (42) with the included retainer tool. **Make sure that the teeth on the Retainer Rings bend toward the tool, as shown in the inset drawing.** Tap the 25mm Round Outer Cap (94) onto the right axle on the Butterfly Frame.

    Attach the Left Fly Arm (44) in the same manner.

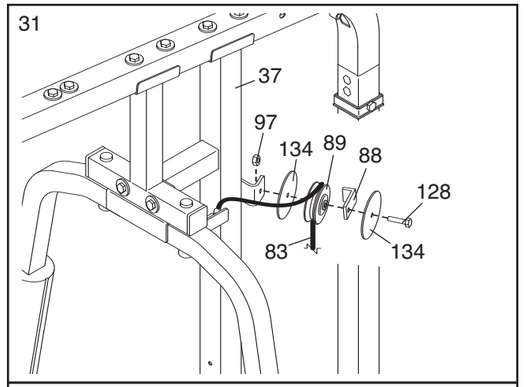


30. **During cable assembly, see the CABLE DIAGRAMS on page 22 for cable identification and to verify cable routing.**

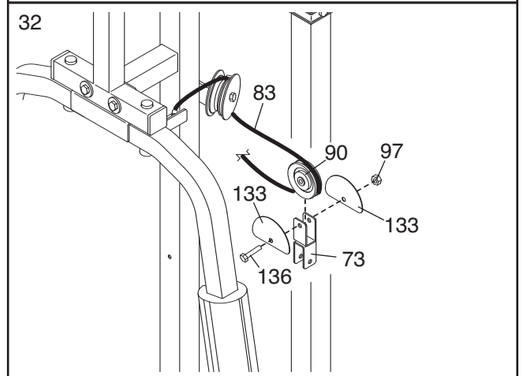
    Locate the Butterfly Cable (83). Attach the Cable to the Left Fly Arm (44) with an M8 x 16mm Shoulder Bolt (129) and an M8 Nylon Locknut (96). **Make sure that the Cable can pivot freely around the Bolt.**



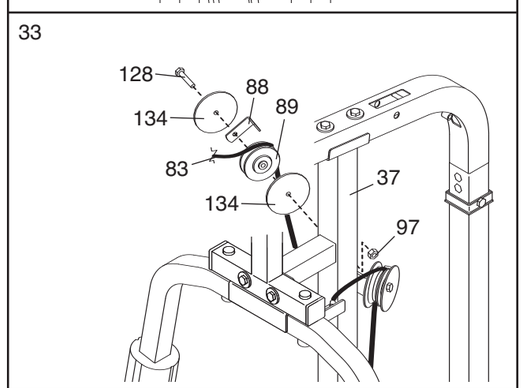
31. Wrap the Butterfly Cable (83) over a "V"-pulley (89). Attach the "V"-pulley, a Large Cable Trap (88), and two Finger Guards (134) to the Center Upright (37) with an M10 x 62mm Bolt (128) and an M10 Nylon Locknut (97). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the "V"-pulley.**



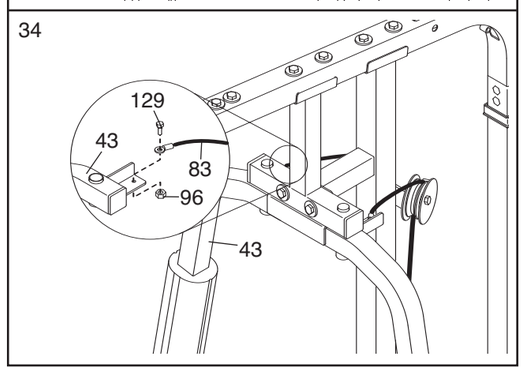
32. Wrap the Butterfly Cable (83) under a 90mm Pulley (90). Attach the Pulley and two Half Finger Guards (133) to the Double "U"-bracket (73) with an M10 x 47mm Bolt (136) and an M10 Nylon Locknut (97).



33. Wrap the Butterfly Cable (83) over a "V"-pulley (89). Attach the "V"-pulley, a Large Cable Trap (88), and two Finger Guards (134) to the Center Upright (37) with an M10 x 62mm Bolt (128) and an M10 Nylon Locknut (97). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the "V"-pulley.**

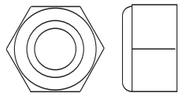


34. Attach the Butterfly Cable (83) to the Right Fly Arm (43) with an M8 x 16mm Shoulder Bolt (129) and an M8 Nylon Locknut (96). **Make sure that the Cable can pivot freely around the Bolt.**



PART IDENTIFICATION CHART

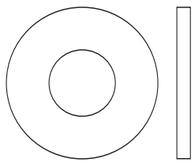
See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Important: Some parts may have been pre-assembled for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.**



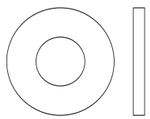
M10 Nylon Locknut (97)

M8 Nylon Locknut (96)

M6 Nylon Locknut (124)

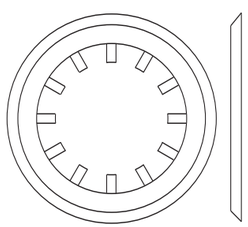


M10 Washer (99)

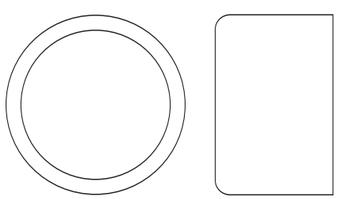


M8 Washer (100)

M6 Washer (101)

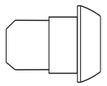


25mm Retainer Ring (93)



25mm Round Outer Cap (94)

1/4” x 14mm Screw (119)

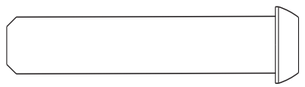


M8 x 12mm Shoulder Bolt (131)

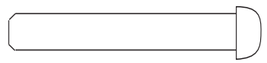
1/4" x 9.5mm Allen Head Set Screw (120)

M10 x 50mm Screw (108)

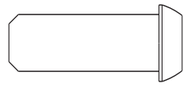
M10 x 47mm Bolt (136)



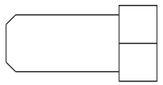
M10 x 45mm Bolt (112)



M6 x 38mm Screw (102)

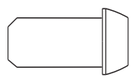


M10 x 25mm Screw (121)

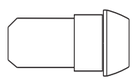


M10 x 19mm Hex Head Bolt (132)

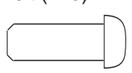
M10 x 19mm Screw (118)



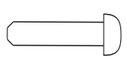
M8 x 16mm Screw (98)



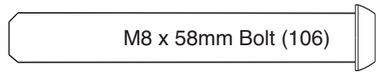
M8 x 16mm Shoulder Bolt (129)



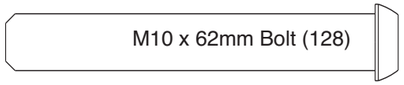
M6 x 16mm Screw (104)



M4 x 16mm Screw (107)

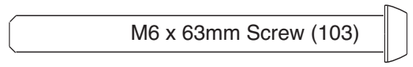


M8 x 58mm Bolt (106)

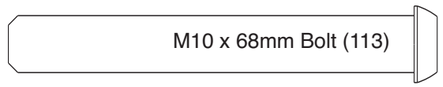


M10 x 62mm Bolt (128)

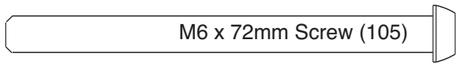
M10 x 62mm Flat Head Screw (27)



M6 x 63mm Screw (103)

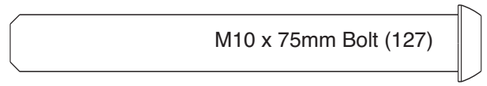


M10 x 68mm Bolt (113)

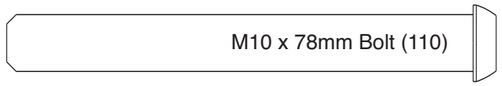


M6 x 72mm Screw (105)

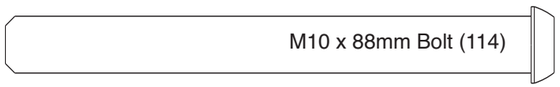
M10 x 72mm Hex Head Bolt (130)



M10 x 75mm Bolt (127)

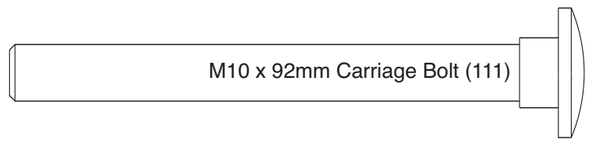


M10 x 78mm Bolt (110)



M10 x 88mm Bolt (114)

M10 x 91mm Bolt (116)



M10 x 92mm Carriage Bolt (111)

M10 x 127mm Bolt (126)

M10 x 168mm Bolt (109)

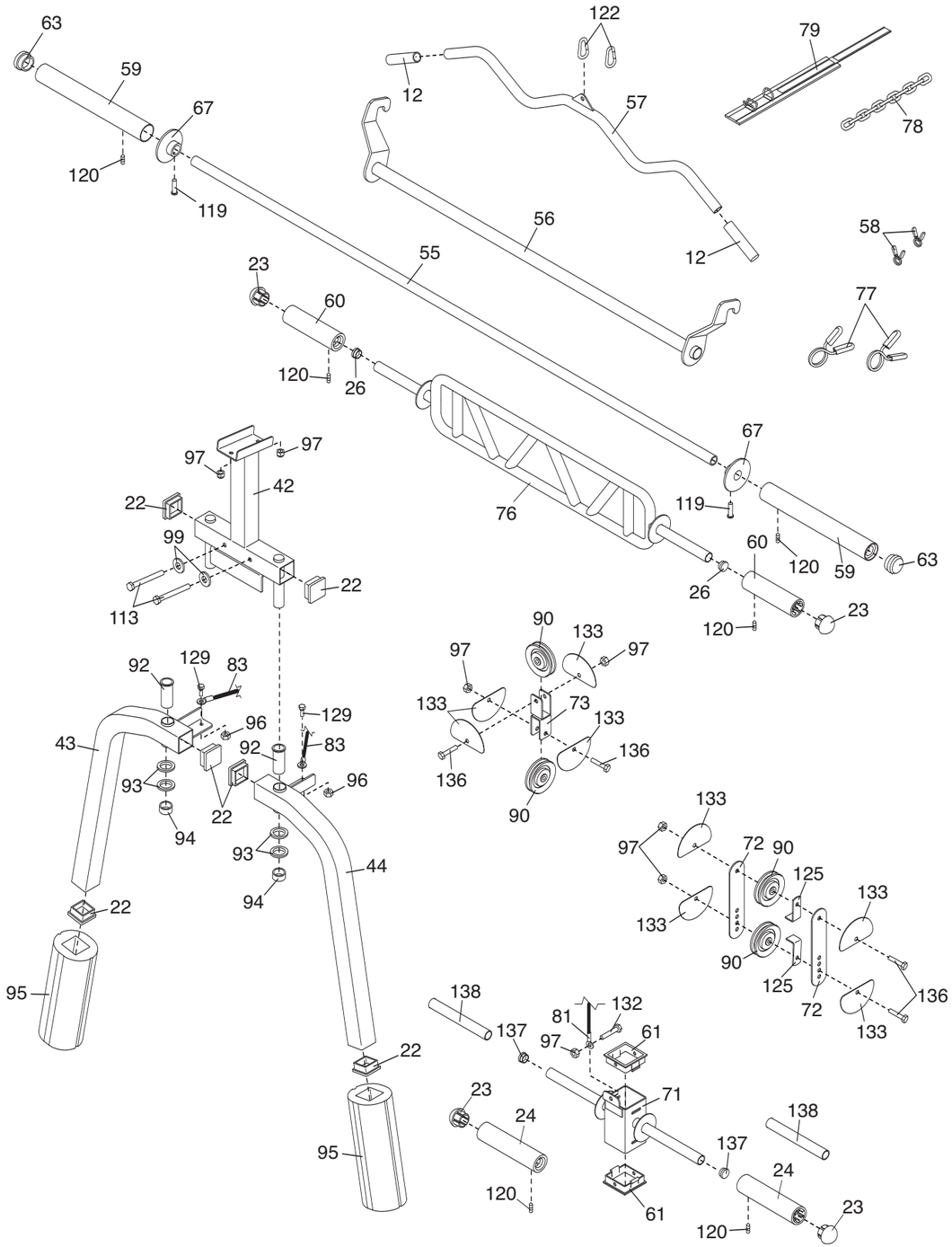
PART LIST—Model No. PFEVBE4805.0

R1005A

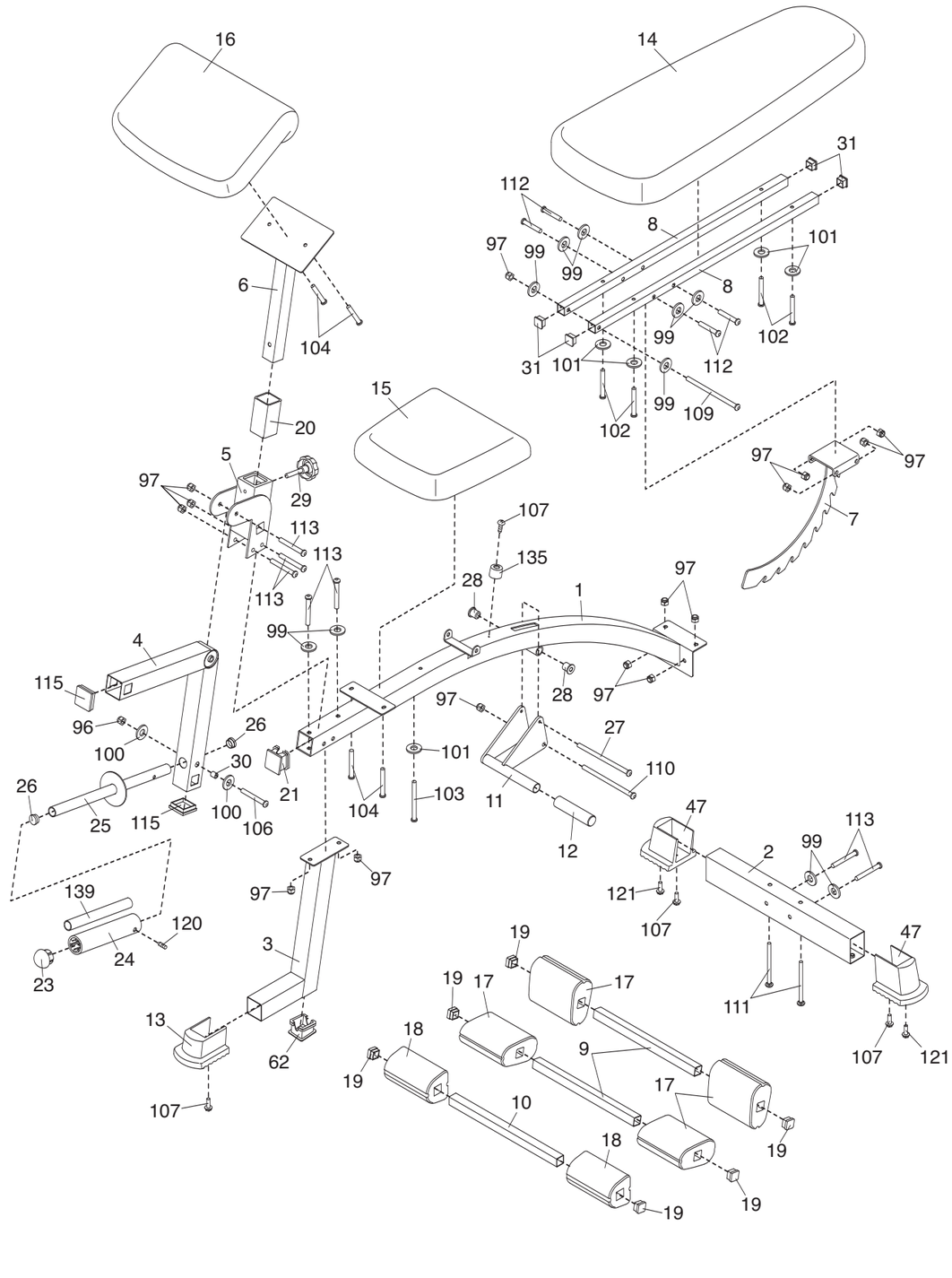
Key No.	Qty.	Description
1	1	Bench Frame
2	1	Stabilizer
3	1	Bench Leg
4	1	Leg Lever
5	1	Leg Lever Bracket
6	1	Curl Post
7	1	Backrest Bracket
8	2	Backrest Tube
9	2	Pad Tube
10	1	Long Pad Tube
11	1	Adjustment Lever
12	3	Grip
13	1	Small Base Cap
14	1	Backrest
15	1	Seat
16	1	Curl Pad
17	4	Large Foam Pad
18	2	Small Foam Pad
19	6	19mm Square Inner Cap
20	1	Leg Lever Bushing
21	1	Notched Square Inner Cap
22	6	50mm Square Inner Cap
23	5	48mm Round Inner Cap
24	3	Olympic Adapter
25	1	Weight Tube
26	6	25mm Round Inner Cap
27	1	M10 x 62mm Flat Head Screw
28	2	Small Round Bushing
29	1	Curl Knob
30	1	10mm Spacer
31	4	25mm Square Inner Cap
32	1	Center Base
33	1	Rear Base
34	1	Right Base
35	1	Left Base
36	1	Left Upright
37	1	Center Upright
38	1	Rear Upright
39	1	Rear Top Frame
40	1	Top Frame
41	2	Guide Bar
42	1	Butterfly Frame
43	1	Right Fly Arm
44	1	Left Fly Arm
45	1	Storage Leg
46	2	Rack Foot
47	4	Base Cap
48	1	Foot Plate
49	1	Left Frame Joint
50	1	Right Frame Joint
51	1	Left Barbell Glider
52	2	Safety Spotter
53	1	Right Spotter Hook
54	1	Left Spotter Hook
55	1	Weight Bar
56	1	Locking Bar
57	1	Lat Bar
58	2	Small Weight Clip
59	2	Barbell Adapter
60	2	Weight Adapter
61	4	Square Carriage Bushing
62	1	Thin Notched Square Inner Cap
63	2	48mm Tapered Inner Cap
64	1	51mm x 76mm Inner Cap
65	1	60mm Square Inner Cap
66	1	32mm Square Inner Cap
67	2	Weight Stop
68	8	Bar Slide Bushing
69	1	Right Upright
70	2	Weight Carriage Stop
71	1	Weight Carriage
72	2	Pulley Plate
73	1	Double “U”-bracket
74	2	Round Joint Bushing
75	2	Round Angled Bushing
76	1	Curl Bar
77	2	Large Weight Clips
78	1	Chain
79	1	Ankle Strap
80	1	Butterfly Backrest
81	1	Lat Cable
82	1	Low Cable
83	1	Butterfly Cable
84	2	Clip Cover
85	2	Cable End Clip
86	6	17mm Spacer
87	2	27mm Spacer
88	2	Large Cable Trap
89	2	“V”-pulley
90	9	90mm Pulley
91	4	Weight Bar Bushing
92	2	Fly Arm Bushing
93	4	25mm Retainer Ring
94	2	25mm Round Outer Cap
95	2	Fly Foam Pad
96	5	M8 Nylon Locknut
97	70	M10 Nylon Locknut
98	1	M8 x 16mm Screw
99	83	M10 Washer
100	2	M8 Washer
101	7	M6 Washer
102	4	M6 x 38mm Screw
103	1	M6 x 63mm Screw
104	4	M6 x 16mm Screw
105	2	M6 x 72mm Screw
106	1	M8 x 58mm Bolt
107	7	M4 x 16mm Screw
108	4	M10 x 50mm Screw
109	1	M10 x 168mm Button Bolt
110	11	M10 x 78mm Bolt
111	4	M10 x 92mm Carriage Bolt
112	4	M10 x 45mm Bolt
113	25	M10 x 68mm Bolt
114	2	M10 x 88mm Bolt
115	2	45mm Square Inner Cap
116	8	M10 x 91mm Bolt
117	1	Large Base Cap
118	2	M10 x 19mm Screw
119	4	1/4” x 14mm Screw
120	7	1/4” x 9.5mm Allen Head Set Screw
121	2	M10 x 25mm Screw
122	2	Cable Clip
123	1	Right Barbell Glider
124	2	M6 Nylon Locknut
125	2	Small Cable Trap
126	2	M10 x 127mm Bolt
127	5	M10 x 75mm Bolt
128	2	M10 x 62mm Bolt
129	2	M8 x 16mm Shoulder Bolt
130	2	M10 x 72mm Hex Head Bolt
131	2	M8 x 12mm Shoulder Bolt
132	1	M10 x 19mm Hex Head Bolt
133	10	Half Finger Guard
134	4	Finger Guard
135	1	Bench Frame Bumper
136	5	M10 x 47mm Bolt
137	2	25mm Thick Round Inner Cap
138	2	Carriage Adapter
139	1	Weight Tube Adapter
#	1	User’s Manual
#	1	Exercise Guide
#	1	Grease Pack
#	3	Allen Wrench

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

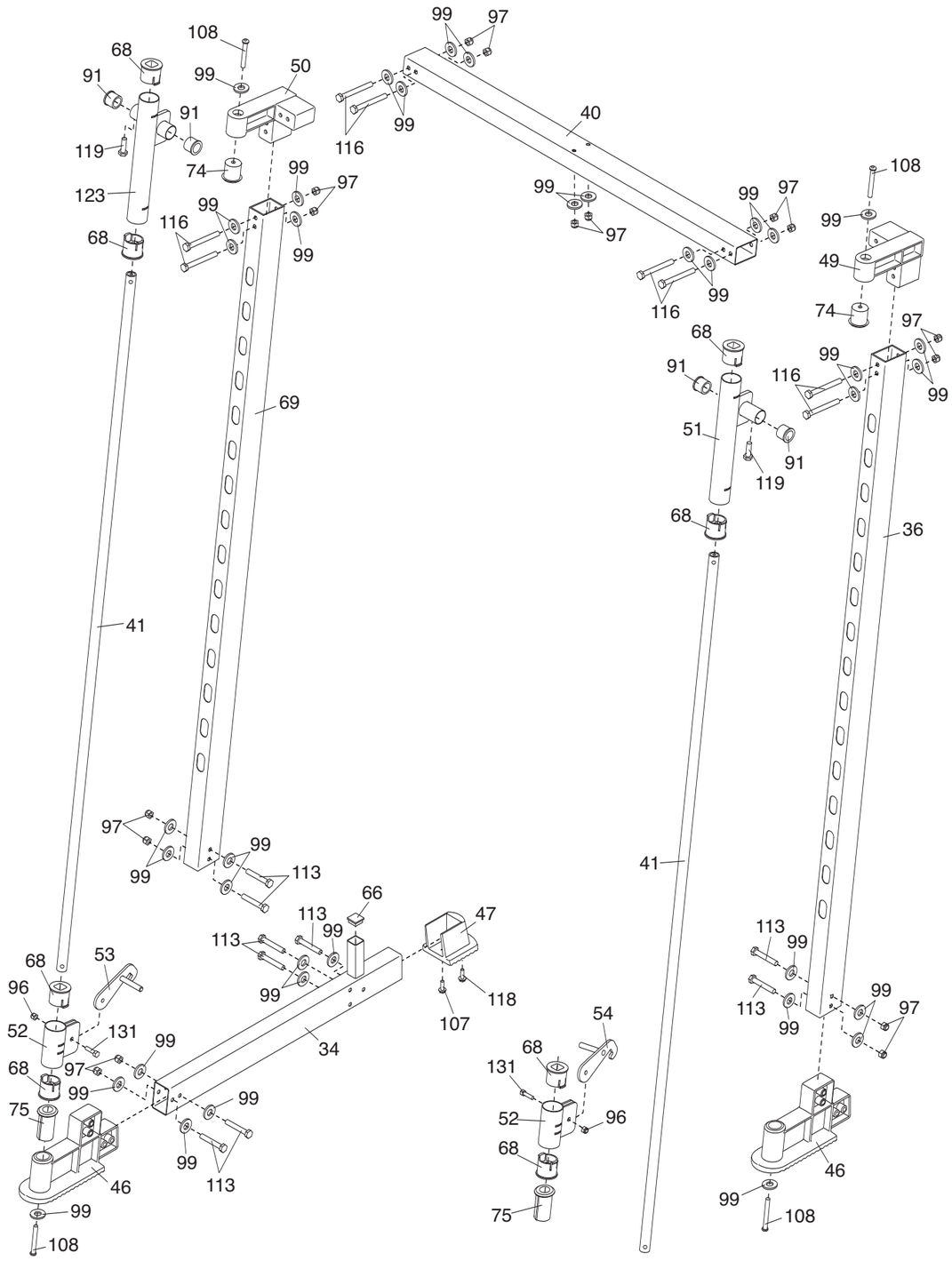
EXPLODED DRAWING C—Model No. PFEVBE4805.0 R1005A



EXPLODED DRAWING D—Model No. PFEVBE4805.0 R1005A



EXPLODED DRAWING A—Model No. PFEVBE4805.0 R1005A



EXPLODED DRAWING B—Model No. PFEVBE4805.0 R1005A